Fir Idaho *(Abies Balsemea)*

These two oils are sold interchangeably on the world market. Their properties are similar, although the percentages of each component vary quite a bit from batch to batch and season to season and according to the part of the world harvested from. Fir, like all conifers, is an immune and endocrine stimulant and aids in the absorption of Vitamin C. Is also used to treat urinary tract infections and remove deposits from the lymphatic system. Excellent for muscle pain relief and to loosen muscles before strenuous exercise. Beneficial for burns, cuts, wounds, itching and in blends to treat hemorrhoids.

Therapeutic properties: antiseptic, antibacterial, deodorant, antitussive, expectorant, astringent, laxative, antispasmodic, analgesic, diuretic, immunostimulant, nervine
Application: well diluted and applied to areas of concern; diffused
Aromatic: opens energy flow between emotional, mental, and spiritual bodies; clears the mind of limitations
Resonance: Heart Chakra, Solar Plexus Chakra, Central Nervous System
Contra-indications: possible skin irritant, slightly more likely with the Siberica than the Alba variety

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